

# THE BROKEN BOW HOSPITAL AND Sanitarium.

## THE FIRST EASTER EGG.

It Was Laid, it is Said, by a Roman Emperor's Men.

Who used the first Easter egg, and was it a colored one? If we are to believe one of the most reliable antiquaries the practice of using colored eggs had its origin in the interesting fact that when the Roman emperor Alexander Severus was born a hen belonging to his parents made the day a memorable one by laying a red egg. That the custom of coloring them is older than the Christian era is proved by the fact that colored eggs have been found in the coffins of Tartars in Russia who were buried many years before Christ. The Persians, who have kept the festival of the solar year in March from time immemorial, make free use of eggs as gifts, colored most effectively with their splendid dyes.

The Romans made more use of eggs than any other nation, for they were not only articles of everyday diet, but were used upon many ceremonial occasions. For these people they seemed to possess some mysterious power of reparation and purification, as when they felt they felt the need of a moral rejuvenation it was their habit to carry eggs to the temples and place them on the altars of the gods.

To the ancients the egg was something very mysterious on account of the manner in which life was evolved from it, which idea may have led them to attribute to all life a similar origin. There can be but little doubt that the use of eggs in the spring was originally symbolical of the reinvigoration of nature, the coming forth of new life.

We find traces of superstition connected with the egg, many of which are firmly believed in today, coexistent with the first record of the ceremonial use of the egg. When the church was obliged to make Easter coincide with the date of pagan festivals these superstitions were grafted on to the Christian belief, which accounts for their existence today.

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### EASTER RECIPES.

#### Five Ways of Making Eggs Into Toothsome Dishes.

Here are some recipes for making Easter eggs, not the colored kind, but the edible variety.

**Baked Eggs.**—Break six eggs into a well buttered dish, cover with bread-crumbs, season with pepper, salt and butter, then cover with cream. Bake twenty minutes and serve hot.

**Egg Salad.**—Use the required number of hard-boiled eggs. Remove the yolks carefully, so as to leave them whole, and chop the whites. Serve on lettuce leaves with a boiled dressing and balls of cottage cheese.

**Eggs a la Parisienne.**—Generously butter the bottom of a baking dish, then cover with greated cheese, break eggs up on cheese without breaking the yolks, season with pepper and salt and a little cream, cover with greated cheese and bake brown on top.

**Escaloped Eggs.**—Cover the bottom of a well buttered dish with bread-crumbs, then a layer of sliced hard-boiled eggs, covering with a cream sauce to which the yolk of an egg has been added, then a layer of finely chopped meat, preferably ham or chicken; then eggs and sauce, with crumbs on top. Bake until light brown.

**Egg Timbales.**—Chop fine any good cold meat. To one cup of meat add a scant cup of bread-crumbs, pepper and salt to taste and mix with beated egg. If necessary add a little milk to make stiff batter. Line timbale molds, bottom and sides, with paste and drop an egg, without breaking, in center of each. Sprinkle bread-crumbs on top and bake brown. Gem pans may be used in place of timbale molds.

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